

The Mood Thermometer

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Before you pull out your books, rank your current mood on the thermometer.

Engaged: I'm interested in and focused on the task at hand

Focused: My attention is mainly focused on the task at hand

Unfocused: I'm easily distracted by what's going on around me

Distracted: Even without external distractions, my attention easily wanders from the task at hand

Disengaged: I've lost interest in the task and feel like I need a break

